

SPRING 2016 UPDATE



Spring is here and we are super excited to get outside and celebrate the longer days! We are pleased to offer a range of new O2 events this season. A few after school program highlights include: summer job announcements, laser tag, a presentation from a bird of prey expert, a Mariners Game, paddling, and climbing programs. We will also be embarking on overnight camping trips to the eastern Washington desert, the Whidbey Island Migratory Bird Festival, and a cabin overnight trip to Camino Island. The **Annual Summer BBQ** will be held on June 27 at Lincoln Park in West Seattle. This is a great way to meet new people, hang out in the sun, and get the first chance to sign up for O2 summer events. You can reserve a space on any of these events by contacting Emily for the north-end events, and Kate for the south-end events.

The spring season is also the time to apply for the **O2 Summer Stipend Programs**. We are offering 40 stipend positions this coming summer. In order to apply for these positions, please complete the application on page 13, and submit the application to Kate by the **June 10 deadline**. Once we have received all of the applications, we will contact all the applicants and inform them of their acceptance and placement.

It is important to announce that the **O2 program is changing our pickup locations!** We will pickup at the Rainier Community Center on the north-end in addition to Garfield, and Northgate Community Centers for the north-end pickup locations. The south-end will pickup at Camp Long, and the Rainier Beach and Jefferson Community Centers. Please see page 14 for more details on pickup locations and times.

As the days get warmer, there are more fun opportunities to get out on the water in an O2 aquatic event, such as: swimming, rafting, canoeing, kayaking, and paddleboarding. **To participate in our aquatic events, you are required to complete a Float Test** (page 28). We are offering float test dates and times for north and south-end locations. If you are unable to make these times, you can visit one of the pools listed on our float test information page. If you pass, float test certifications are then good for three years and allow you to participate in all O2 aquatic trips.

Lastly, we will be **recruiting at Franklin, Garfield, Rainier Beach, and Cleveland High Schools** this spring. This will bring a lot of new faces into our program. We are very happy to offer our program to a new crew of people. Please reach out and welcome all of our new participants into the program. As you all know, the O2 participants are truly what make this program great!

We are very excited for this upcoming season and welcome all to sign up and get outside with us!

~ Bob, Emily , Kate and Marlo~

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Kate Waind | 206-423-3460
Bob Warner | 206-890-2513
Emily Sachwald | 206-390-1018
www.seattle.gov/parks/teens/o2
Join our group on Facebook!



April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31 JOINT Indoor Climbing Pg. 9	1	2
3	4	5 South-end Workshop Lincoln Park Hiking Pg. 7	6 North-end Workshop Mini-Golf Pg. 5	7	8 South-end Overnight Trip Cabins on Camino Island Pg. 10	9 South-end Overnight Trip Cabins on Camino Island Pg. 10
10 South-end Overnight Trip Cabins on Camino Island Pg. 10	11	12 South-end Workshop Summer Jobs Pg. 7	13 North-end Workshop Summer Jobs Pg. 5	14	15	16
17	18	19 JOINT North/South Workshop Meet the Falconer Pg. 5, 7	20	21	22	23 JOINT Service Project Exit 38 Service Project Pg. 11
24	25	26 South -end Workshop Mariner's Game Pg. 7 NOTE—Late pick up times	27 North-end Workshop Laser Tag Pg. 5	28 JOINT North/South Workshop Vertical World Indoor Climbing Pg. 9	29 North-end Overnight Trip Whidbey Island Pg. 10	30 North-end Overnight Trip Whidbey Island Pg. 10

Workshop pickup time: 3-4:00 p.m.
Workshop drop-off time: by 7 p.m.
Weekend trip pickup time: 8:45-9:30 a.m.
Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
Emily (North) | 206-390-1018
Kate (South) | 206-423-3460

www.Facebook.com/groups/O2program



May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 North-end Overnight Trip Whidbey Island Pg. 10	2	3 South-end Workshop Sushi Making Pg. 7	4 North-end Float Test Pg. 28	5	6 North-end Workshop NW Paddling Festival Pg. 5	7 JOINT Service Project WTA Trail Restoration Pg.11
8	9	10 South-end Workshop Alki Beach Day Pg. 8	11 North-end Workshop Drawing Nature Pg. 5	12	13	14
15	16	17 South-end Workshop International District Tour Pg. 8	18 North-end Workshop Videography Pg. 6	19 South-end Float Test Pg. 28	20	21 JOINT North/South Overnight Trip Desert Adventure Pg. 10
22 JOINT Overnight Trip Desert Adventure Pg. 10	23	24 South-end Workshop Sand Point Park and NOAA Pg. 8	25 North-end Workshop Discover Discovery Pg. 6	26 JOINT North/South Workshop Rock Climbing Pg. 9	27	28
29	30 Memorial Day	31 South-end Workshop Canoeing the Duwamish Pg. 8	1 North-end Workshop Kayaking Lake Washington Pg. 6	2	3	4

Workshop pickup time: 3-4:00 p.m.
 Workshop drop-off time: by 7 p.m.
 Weekend trip pickup time: 8:45-9:30 a.m.
 Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
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June



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31 South-end Workshop Canoeing the Duwamish Pg. 8	1 North-end Workshop Kayaking Lake Washington Pg. 6	2 South-end Float Test Pg. 28	3	4
5	6	7 South-end Float Test Pg. 28	8 North-end Float Test Pg. 28	9 South-end Float Test Pg. 28	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 LAST DAY OF SCHOOL	25
26	27 JOINT North/South Day Trip Summer BBQ KICK-OFF Pg.6,8	28	29	30	1 JOINT North/South Day Trip White Water Rafting Pg. 10 (Waiver/Float Tests Needed)	2
3	4	5 Stipend Program Mandatory Rock Climbing Training Pg. 12	6 Stipend Program Mandatory Hiking Training Pg. 12	7 Stipend Program Rock Climbing Pg. 12	8 Stipend Program Hiking Pg. 12	9

Workshop pickup time: 3-4:00 p.m.
 Workshop drop-off time: by 7 p.m.
 Weekend trip pickup time: 8:45-9:30 a.m.
 Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
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NORTH-END WORKSHOPS— mostly WEDNESDAYS

Pickups and Drop-offs:

North-end students can meet the Parks van at:

Rainier Community Center—3:15 p.m.

Garfield Community Center—3:30 p.m.

Northgate Community Center—4:00 p.m.

Return to Rainier CC/Garfield CC/Northgate CC—between 7-7:30 p.m.

Wednesday, April 6: Mini-Golf Extravaganza

Come out and enjoy the spring weather by playing mini-golf! Meet new friends and maybe even learn how to sink a hole-in-one.

Wednesday, April 13: Summer Jobs Workshop and Ice Cream Social

A variety of jobs and paid opportunities are available for you during the summer through the City of Seattle and its' partners. Come find out which positions and opportunities are available, how to apply, and when your application needs to be turned in. Some application deadlines are approaching fast, so sign up now and come find out how to make it happen! Also, get a chance to eat some ice cream and talk to prospective employers.

Tuesday, April 19: Meet the Falconer

Humans have been training and hunting with birds of prey like hawks, eagles, and falcons for centuries. Come meet a professional falconer and the birds they work with at this exciting workshop! At this workshop we will have the chance to learn about how falconers care for and train birds of prey and even catch a live hawk or owl in flight!

Wednesday, April 27: Laser Tag

An epic laser tag battle is about to unfold on the grounds of Camp Long this spring! O2 participants will develop skills in teamwork and strategy, while having a blast as they compete with each other for bragging rights and prizes. Join us at this workshop to see if you've got what it takes to be the ultimate laser tag champion! *A waiver is required for this event (pg. 21).*

Friday, May 6: Northwest Paddling Festival

The largest event of its kind in the Pacific Northwest, the NW Paddling Festival brings paddle sports together in one location! Try SUP (stand-up paddle boarding), and go on a kayaking tour on Lake Sammamish. *A float test (pg. 28) and signed waiver (pg. 23) are required to attend this event.*

Wednesday, May 11: Drawing Nature

How do you draw what you see on all our awesome outdoor adventures? Learn how and get some practice in at beautiful Discovery Park in this artistic workshop.



NORTH-END WORKSHOPS— mostly WEDNESDAYS (Continued)

Pickups and Drop-offs:

North-end students can meet the Parks van at:

Rainier Community Center—3:15 p.m.

Garfield Community Center—3:30 p.m.

Northgate Community Center—4:00 p.m.

Return to Rainier CC/Garfield CC/Northgate CC—between 7-7:30 p.m.

Wednesday, May 18: Videography

For the first time ever we are making an O2 video to capture what our program is all about! Have you ever wondered what it would be like to star in or film a movie? Join us at this workshop to learn how to frame a scene, capture different lighting, and overall, create stunning moving images. After this workshop, we will capture video together on our O2 events throughout the year! We can use your help and expertise, so please join us with this super cool project!

Wednesday, May 25: Discover Discovery

Discovery Park is our largest park in Seattle at over 500 acres! Come check out the park and the wildlife in it by going on an easy hike with us. Kate will point out flora and fauna and Emily will take you to some spectacular viewpoints.

Wednesday, June 1: Kayaking Lake Washington

June begins the best days to get out on the water. Join us on this workshop where we will explore the shores of Lake Washington by kayak. No experience necessary! We will teach you paddling techniques and everything you need to know for this adventure. *A float test is required for this event. (pg. 28).*

Monday, June 27: Summer Kick-off BBQ at Lincoln Park

Note: Pickup times for this event are:

*North-end—Rainier CC 10 a.m./Garfield CC 10:30 a.m.

*South-end—Rainier Beach CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m.

The barbecue will be over by 2 p.m.

With school finally over and summer just beginning, please come and celebrate with an O2 barbecue at the beach! This will also be an opportunity to see the newly-released summer calendar, sign up for summer trips, eat yummy food, play beach games, and hang out with old and new friends. Anyone is welcome to join!



SOUTH-END WORKSHOPS—TUESDAYS

Pickups and Drop-offs:

South-end students can meet the white Parks van at:

Rainier Beach Community Center—3:15 p.m.

Jefferson Community Center—3:30 p.m.

Camp Long—4 p.m.

Return to Jefferson CC/Rainier Beach CC/Camp Long— By 7 p.m.

Tuesday, April 5:

Lincoln Park Hiking and Navigation Challenge

Join us at West Seattle's Lincoln Park for an urban hiking adventure! Seattle is home to many beautiful green spaces, each with miles of trails waiting to be explored. At this workshop you will have the chance to prepare yourself for summer hiking trips by practicing map, compass, and GPS skills in a Navigation Challenge! Prizes will go to our best navigators!



Tuesday, April 12:

Summer Jobs Workshop and Ice Cream Social

A variety of jobs and paid opportunities are available for you during the summer through the City of Seattle and its partners. Come find out which positions and opportunities are available, how to apply, and when your application needs to be turned in. Some application deadlines are approaching fast, so sign up now and come find out how to make it happen! Also, get a chance to eat some ice cream and talk to prospective employers.

Tuesday, April 19: Meet the Falconer

Humans have been training and hunting with birds of prey like hawks, eagles, and falcons for centuries. Come meet a professional falconer and the birds they work with at this exciting workshop! At this workshop we will have the chance to learn about how falconers care for and train birds of prey and even catch a live bird of prey in flight!

Tuesday, April 26: Mariners Game

With baseball season in full swing, it's time to get back out and cheer the Mariners on! Please note that this workshop has a later meeting time, since the game starts at 7:10 p.m. We will pick up at Camp Long at 6:00 p.m., Jefferson CC at 6:15 p.m., and Rainier Beach CC at 6:30 p.m. We will be back to our meeting sites by 10 p.m.



Tuesday, May 3 : Sushi Making

Our annual Sushi Making party is back by popular demand. Come out and slice, dice, and roll your favorite sushi in this fun and delicious gathering. Vegetarian options are also provided.

SOUTH-END WORKSHOPS—TUESDAYS (Continued)

Pickups and Drop-offs:

South-end students can meet the white Parks van at:

Rainier Beach Community Center—3:15 p.m.

Jefferson Community Center—3:30 p.m.

Camp Long—4 p.m.

Return to Jefferson CC/Rainier Beach CC/Camp Long—by 7 p.m.

Tuesday, May 10: Alki Beach Day

Spend a day exploring Alki Beach in West Seattle with O2. Alki Beach is home to millions of beautiful creatures that live in tide pools. It is also a great place for a fun day on the beach! Come chill with us at Alki for a fun afternoon of exploration, games, good fun, and a beach bonfire!

Tuesday, May 17: International District Tour

Seattle's International District is rich in history and culture. The ID tour will start at the Wing Luke Museum, take part in a guided walking tour of the ID, and end up at a favorite Chinese Restaurant. You will never see the ID community in the same way again!

Tuesday, May 24: Sand Point Park and NOAA

The National Oceanic and Atmospheric Association (NOAA) employs scientists around the country to do extreme science! From scuba diving to tracking mega-storms, NOAA scientists do it all. O2 will spend an afternoon touring their headquarters right here in Seattle at Sand Point Park. Come to the workshop to learn about how you can apply your love of the great outdoors to a career in science!

Tuesday, May 31: Canoeing the Duwamish River

The Duwamish River is Seattle's largest and most influential river. The O2 program will canoe it's banks along the industrial sections of the Port of Seattle. This surreal paddling experience will give us an up close look at these huge biological and industrial systems. *A float test (pg.28) is required to attend this event.*

Monday, June 27: Summer Kick-off BBQ at Lincoln Park

Note: Pickup times for this event are:

*North-end—Rainier CC 10 a.m./Garfield CC 10:30 a.m.

*South-end—Rainier Beach CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m.

The barbecue will be over by 2 p.m.

With school finally over and summer just beginning, please come and celebrate with an O2 barbecue at the beach! This will also be an opportunity to see the newly-released summer calendar, sign up for summer trips, eat yummy food, play beach games, and hang out with old and new friends. Anyone is welcome to join!



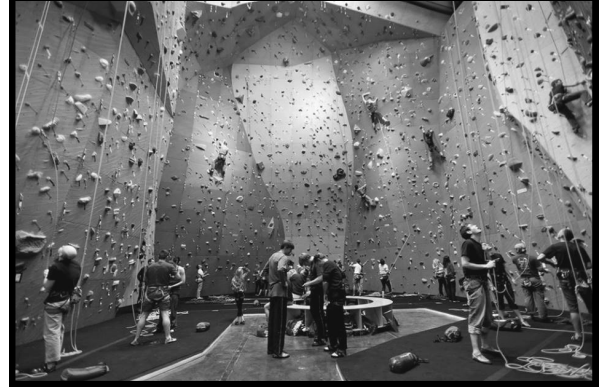
Space is limited on these events, so please call or text **Emily and Kate**
and leave a message to sign up for all events!
Emily (north-end) : 206-390-1018 | Kate (south-end) : 206-423-3460

JOINT CLIMBING WORKSHOPS — THURSDAYS

Pickups and Drop-offs:

North-end students can meet the Parks van at:
Rainier Community Center—3:15 p.m.
Garfield Community Center—3:30 p.m.
Northgate Community Center—4:00 p.m.
Return to Rainier CC/Garfield CC/Northgate CC—between 7-7:30 p.m.

South-end students can meet the white Parks van at:
Rainier Beach Community Center—3:15 p.m.
Jefferson Community Center—3:30 p.m.
Camp Long—4 p.m.
Return to Rainier Beach CC/Jefferson CC/Camp Long—by 7 p.m.



THURSDAY CLIMBING EVENTS: Indoor Rock Climbing Series

Our rock climbing sessions are on Thursdays from 4:30-6 p.m. and although pickup times for the south-end remain the same, north-end times will be slightly later. See above for details. ***A waiver is needed for these two spring climbing events (pgs. 17-18).*** Please go online and fill out the waiver before coming to the event (*online at <http://seattle.verticalworld.com/waiver/>*). You can also fill out a paper waiver, which is available at the back of this packet.

NOTE—All of these climbing sessions are open to beginner and more advanced climbers alike!

Basic Rock Climbing Techniques and Practice

Rock climbing is one of the world's most amazing sports, combining mental and physical focus, balance, and excitement. We are pleased to continue monthly climbing sessions held on the last Thursday of each month. We will be teaching participants how to belay at each session if you are interested in learning. Belaying is the act of passing rope through a device used to catch a climber. This is an essential part of climbing and will be the foundation for the remaining school-year climbing sessions. You can also earn volunteer hours if you belay for O2 climbers.

THURSDAY, April 28: Indoor Climbing

We, as the O2 community, are excited to offer monthly climbing sessions throughout the spring season. Climbing is a super-fun sport that challenges your mind and body alike. Come out and learn how to enjoy this sport in a fun, social and supportive environment. These sessions are for beginner and intermediate climbers. ***A Vertical World waiver will be required for this event! (pg. 17-18).***

THURSDAY, May 26: Indoor Climbing

Rope!!! Time for O2 to gear back up to defy gravity and have fun doing it! Join us for our spring rock climbing session under the sun at Vertical World. During these climbing sessions, you will learn rock climbing techniques and get a chance to practice your belaying skills. The skills that you learn “indoors” can then be used for our outdoor rock climbing excursions during the summertime! ***A Vertical World waiver will be required for this event! (pg. 17-18).***

Pickups and Drop-offs for Trips:

North-end students can meet the Parks van at:

Rainier Community Center—9 a.m.

Garfield Community Center—9:15 a.m.

Northgate Community Center—9:45 a.m.

Return to Rainier CC/Garfield CC/

SOUTH-end students can meet the Parks van at:

Rainier Beach Community Center —9 a.m.

Jefferson Community Center – 9:15 a.m.

Camp Long – 9:30 a.m.

Return to Jefferson CC/R.Beach CC/Camp Long—
by 8 p.m. for trips

NORTH-END TRIPS

Friday-Sunday, April 29—May 1: Whidbey Island Migratory Bird Festival

We are headed to Whidbey Island for the weekend to celebrate the Migratory Bird Festival. Friday night we will stay at Discovery Park, and Saturday to Sunday we will spend the night on Whidbey Island with stellar views of the Puget Sound. We will participate in some exciting activities and also earn service hours by completing a volunteer project. An overnight equipment list is attached (Page 27). Note that pickup times will be different for this event! *Pickup times for this event are: Rainier CC 3 p.m./Garfield CC 3:30 p.m.*

SOUTH-END TRIPS

Friday – Sunday, April 8 – 10: Cabins on Camino Island

Camino Island is an amazing island in the Puget Sound, only one hour away from Seattle. We will embark on a two day trip exploring the area and beaches, making hearty dinners, and sharing stories by the fire. Space is limited on this trip, so please contact Kate to reserve your spot! Pickup times for this event are:

Rainier Beach CC 3:15 p.m./ Jefferson CC 3:30 p.m. / Camp Long 4 p.m.

JOINT NORTH AND SOUTH TRIPS

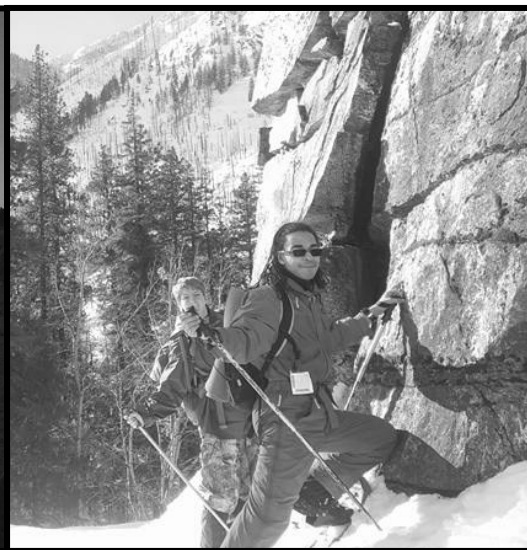
Saturday-Sunday, May 21 – 22: Desert Overnight Adventure

Have you ever been to the desert in Washington? Come explore the driest and sunniest place in the state, where you can camp near lakes, canoe, and hike to stunning waterfalls in the wild sage lands. Space is limited in this event and a *float test (Page 28) is optional and required if you choose to canoe.*

Friday, July 1: Rafting Trip

The O2 rafting trip is one of our most popular day trips. We will raft the Wenatchee River, a classic Eastern WA river with rapids, waves and sandy beaches. This is the only rafting trip for the year, so let's get out and have a blast! Pickup times will be from 8-8:30 a.m. and returning to Seattle by 9 p.m. Please call or text Kate in the south-end or Emily in the north-end for details. *A float test is required to attend this event (pg. 28) and*

TRIPS



Pickup and Drop-offs and Projects:

North-end students can meet the Parks van at:

Rainier Community Center—9 a.m.

Garfield Community Center—9:15 a.m.

Northgate Community Center—9:45 a.m.

Return to Rainier CC/Garfield CC/Northgate CC—by 6 p.m.

South-end students can meet the Parks van at:

Rainier Beach Community Center—9 a.m.

Jefferson Community Center—9:15 a.m.

Camp Long—9:30 a.m.

Return to Community Centers, Camp Long—by 6 p.m.

JOINT SERVICE PROJECTS

Saturday, April 23: Exit 38 Service Project

O2 loves to go rock climbing at Exit 38, and this is our chance to give back to the area. Join us in restoring the nature that surrounds this special climbing spot. *A signed waiver is needed to participate in this event. (pg.25)*

Saturday, May 7: Washington Trails Association Service Project

Have you ever wondered how all of the beautiful trails in Washington got there in the first place? It's because of people like you! Washington Trails Association will provide a unique opportunity for you to learn about trails and trail maintenance in your community while meeting other young people interested in the outdoors. Earn 8 community service hours while preserving the beauty in your own backyard. *A waiver is required (pg. 15-16) to attend this event.*





\$TIPEND PROGRAM\$



STIPEND PROGRAMS: The O2 stipend programs are wonderful opportunities for participants to gain valuable work skills while having an amazing time. If you are interested in participating in our stipend programs, you will need to go through an application and selection process. **The deadline to submit your application is June 10. No late applications will be accepted.** We will then contact you to discuss your enrollment status. **Please note that the Rock Climbing and Hiking positions rely on outside funding and if we do not receive this money we will be unable to offer those opportunities.

How do I sign up?

Print and complete the Stipend Application (see page 13). Then return it to Kate via mail, hand delivery, or email. Mail/Hand Delivery: Camp Long, 5200 35th Avenue SW, Seattle, WA 98126, Attn: Kate Waind
Email: kate.waind@seattle.gov

O2 Rock Climbing Program: July 7, 14, 21, 28 and September 10**

Earn \$200.00

What: You will be belaying (the rope safety system for climbing) and teaching community center youth how to rock climb. This is an empowering, motivating experience and you will gain valuable skills to use at future jobs. To get full compensation you need to work 4 of 5 of the rock climbing dates PLUS the training day. No climbing experience necessary!

Mandatory Training: Tuesday July 5, 10 a.m.-4 p.m. Meet at Camp Long, 5200 35th Ave SW.

Work days: You must attend 4 out of 5 climbing days (July 7, 14, 21, 28 and September 10).
Meet at Camp Long at 7 a.m. Return by 6 p.m.

O2 Hiking Program: July 8, 22 and August 5, 19**

Earn \$150.00

What: Lead trips for community center youth learning how to hike and navigate through wilderness. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get full compensation you need to work 3 out of 4 of the hiking dates PLUS the training day. No hiking experience necessary!

Mandatory Training: Tuesday, July 6, 9 a.m.-4 p.m. at Garfield Community Center, 2323 E Cherry Street.

Work days: You must attend 3 out of 4 of the Friday hiking days (July 8, 22 and August 5, 19).
Meeting time is to be determined. Meet at Garfield Community Center.

Week Long Trail Crew: July 10– July 15

Earn \$378.80

What: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long, hard days maintaining and building trails. We will be camping with limited shower access. Take advantage of this opportunity to build muscles, get dirty and get paid!

Mandatory Training: Training will be on Sunday, July 10 at Camp Long beginning at noon.

Parents are invited to an informational session from 12-1 p.m. We will spend the night at Discovery Park and leave Monday morning for the National Forest.

Work days: Trail crew will begin Sunday, July 10 at Camp Long, 12 p.m. We will return by 8 p.m. on Friday, July 15. **Yes, you have to attend the entire project!**

Steven's Pass Restoration Project: August 10

Earn \$45.00 for one day!

What: A one-day restoration trip to help keep our wild spaces pristine! You will spend about 5 hours working, and then we will have a picnic to finish off the day. *Please be prepared with clothes that you don't mind getting dirty: long jeans or work pants, covered toed shoes, and a long sleeve shirt.*

When: South-end pickups will be at Camp Long at 8 a.m. and Jefferson CC at 8:15 a.m. North-end pickups are Rainier CC at 8 a.m. and Garfield CC at 8:30 a.m. Return by 8 p.m.

In order to be eligible for a summer stipend position you must complete this application and mail or deliver it to: **Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Kate Waind**. Kate will need to have this application in her possession by June 10. Late applications will not be accepted.



The selection process will be open now until **June 10, 2015**.

Applications received after this date will not be accepted.

O2 Summer Stipend Opportunity Application



Name: _____

Address: _____

Phone numbers: _____

Email: _____

Please rank your stipend preference using 1, 2, 3, and 4 in the spaces below (1 being your first choice).

Preference: Rock Climbing _____ Hiking _____ Trail Crew _____ Restoration _____

Please complete the following short answer questions. These questions will be evaluated to determine the best candidates for the available summer stipend opportunities.

1. How have you positively contributed to the community?

(This can include the O2 community, your school community, family/friend community, city community, etc.)

2. What positive contributions will you make to the stipend program you are applying for?

(Please list your first and second job choices)

3. What do you seek to gain by participating in the stipend program?

Please mail, hand deliver, or email your application to Kate by June 10!

Mail: Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Kate Waind

Email: kate.waind@seattle.gov

1. Rainier Community Center
4600 38th Ave. S, Seattle, WA
(206) 386-1919

Bus lines: 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.

2. Garfield Community Center
323 E Cherry St, Seattle, WA
(206) 684-4788

Bus Line(s): 3

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Meet the Parks van in the community center parking lot on East Cherry Street.

3. Northgate Community Center
10510 5th Ave NE, Seattle, WA
(206) 386-4283

Bus Line(s): 16, 68, 75, 242

Directions: The community center is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.

Meeting Location: Meet the Parks van in the lot behind the library next to the playground.

4. Camp Long Environmental Learning Center
5200 35th Ave. SW, Seattle, WA
(206) 684-7434

Bus lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW. Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: Meet the Parks van in the parking lot in front of the Camp Long Lodge.

5. Jefferson Community Center
3801 Beacon Ave. S, Seattle, WA
(206) 684-7481

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the Parks van in the parking lot of the community center near the front entrance.

6. Rainier Beach Community Center
8825 Rainier Ave S, Seattle, WA
(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

Meeting Location: Parking lot in front of the community center.





Washington Trails Association
PARENT/GUARDIAN LIABILITY RELEASE
For Participants Under Age 18

To Be Read and Signed by Parent/Guardian

BY SIGNING THIS FORM I AM RELEASING WASHINGTON TRAILS ASSOCIATION FROM ANY AND ALL LIABILITY IN THE EVENT MY CHILD IS INJURED, DAMAGED OR KILLED WHILE PARTICIPATING IN THIS PROJECT OR EVENT SPONSORED BY WASHINGTON TRAILS ASSOCIATION. I UNDERSTAND THAT I COULD HAVE THIS RELEASE REVIEWED BY A LAWYER OF MY CHOICE.

Understanding the foregoing paragraph, I wish for my child to participate in this project sponsored by Washington Trails Association (WTA). I am aware that events and projects sponsored by WTA may involve hiking, backpacking, camping, trail games and other activities (including but not limited to running, jumping, light contact sports); construction and maintenance of trails and recreation facilities, and that participating in or observing these events or projects poses certain dangers, including, but not limited to, the hazards of traveling in and hiking in wilderness and steep mountainous terrain; using hand or motorized construction tools (and of hiking and working in the proximity of such tools when used by others); injury or illness in remote places without medical aid; lifting and working on often narrow and precipitous trails; and unforeseen events caused by the forces of nature. In consideration for permitting my child to participate in projects sponsored by WTA, I, for my family, my estate, and myself, hereby waive any right of recovery and claims of liability against WTA, its officers, employees and agents, including claims for bodily injury, death, personal injury and/or damage to property, and release WTA, its officers, employees and agents from any claims made by others for personal injury or property damage allegedly caused by me. Further, I will hold WTA harmless from any loss or damages resulting from the foregoing waiver and release. This Release and Indemnity Agreement is a contract, not a mere recital and thus it shall remain in effect for all projects sponsored by WTA in which my child participates. I also give permission for my child to be photographed / filmed and have his or her image used by WTA and their partner agencies, without royalty or compensation.

As Parent/Guardian, I am signing on behalf of a minor, I further agree to **HOLD HARMLESS AND INDEMNIFY** Washington Trails Association and its members from all liability, claims and causes of action which the minor may have arising from the minor's participation in activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representative, and for all members of my family, including any minors.



ASSUMPTION OF RISK, RELEASE OF LIABILITY, AND INDEMNIFICATION OF CLAIMS

As the parent or guardian of the minor identified above ("My Child"), and in consideration of My Child's opportunity to serve as a King County volunteer ("the Service"), I hereby agree to **personally assume all risks for any harm, injury or damage that may occur to My Child in connection with the Service**, regardless of whether such risks, harm, injury, or damage were foreseen or unforeseen. I **accept full responsibility for the cost to treat any injury suffered by My Child in connection with the Service.**

I hereby exempt and release King County from all liability whatsoever for personal injury, property loss or damage, or wrongful death, caused by negligence in connection with the Service. On behalf of myself, my successors in interest, heirs, and assigns, I agree that **King County shall not be held liable to me in any way for any occurrence arising out of or related to the Service that may result in injury,**

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death, or other injuries or damages to My Child. I agree to protect, defend, indemnify and save harmless King County, its officers, officials, employees and agents, from any and all claims, demands, suits, penalties, losses, damages, judgments or costs of any kind whatsoever, arising out of or in any way resulting from the Service, except for such acts or omissions as may constitute gross negligence by KingCounty.

I HAVE READ AND AGREE TO ABIDE BY THE WTA LIABILITY RELEASE AND THE KING COUNTY PARKS ASSUMPTION OF RISK, RELEASE OF LIABILITY, AND INDEMNIFICATION OF CLAIMS AND AGREE I HAD THE OPPORTUNITY TO MAKE CHANGES OR SUGGEST CHANGES TO THIS AGREEMENT, BUT I MADE NO ATTEMPT TO ALTER OR CHANGE THE WORDING.

Parents or legal guardians must sign for all persons under eighteen (18) years of age.

Participant Name: _____

Parent /Guardian Name: _____

Parent /Guardian Signature: _____ Date: _____

In case of emergency, please contact:

Name: _____ Relationship: _____

Phone- Day: _____ Evening: _____

**VERTICAL WORLD: ACKNOWLEDGMENT AND ASSUMPTION OF RISKS
and RELEASE AND INDEMNITY AGREEMENT**

All participants must fill out and sign this document (PRINT LEGIBLY)
For participants under 18 yrs. of age, participant and parent(s) or guardian(s) must sign below

Name _____ **BELAY CHECK INFO**
Address _____ **ISSUED BY: _____**
City _____ State _____ Zip _____ **DATE: _____**
Telephone: Home _____ Work _____
Male _____ Female _____ Birthday: _____ Email: _____
Emergency Contact: _____ Telephone: _____

INTRODUCTION

Please read this Acknowledgment and Assumption of Risks and Release and Indemnity Agreement, including Introduction and Conclusion (the "Document") carefully before signing. This Document informs you about your responsibilities and assumption of risks, and includes a release of liability, indemnification and surrender of certain legal rights.

Parent(s) or Legal Guardian(s) (hereafter collectively "parent(s)") of any participating minor (hereafter sometimes "minor" or "child") shall sign this Agreement. Participating minors (those under the age of 18) shall also sign. "I," "me" or other first person references shall include both the parent and the minor, unless the context requires otherwise. References to "participant" include both minor and adult participants.

In consideration of the services of Vertical World, Inc., its agents, owners, officers, employees, representatives and all other persons or entities associated with it (hereafter collectively "Vertical World"), participant, including parent(s) of minor participants, agree as follows:

ACKNOWLEDGMENT AND ASSUMPTION OF RISKS

Engaging in climbing activities at Vertical World's indoor rock climbing facility involves serious risks. These activities vary but can include bouldering, climbing, belaying and rappelling on Vertical World's artificial climbing walls, with or without Vertical World staff present. I (and my parent(s), if I am a minor) acknowledge that participating in climbing activities involves risks. Some risks are inherent in these activities and cannot be eliminated or reduced. A variety of other risks also exist. **These inherent and other risks, hazards and dangers can cause injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. The following describes some, but not all of those risks, hazards and dangers:**

- 1.) **Risks involved in physical activity.** Activities vary, but can include lifting, climbing, rappelling, belaying and sustained use of a participant's arms and legs.
- 2.) **Risks in decision making.** Participants must make judgments and decisions as they participate in climbing activities. So, too, Vertical World staff must make judgments and decisions as they teach climbing skills or assist participants. These judgments and decisions are, by their nature, imprecise and subject to error. Consequently, there are risks involved in decision-making and conduct, including, without limitation, the risk that a staff member may misjudge a participant's abilities or fitness level.
- 3.) **Equipment failure or misuse. Equipment used includes, without limitation, artificial climbing holds and anchor points, ropes, slings, harnesses, climbing shoes and climbing hardware** which may be misused, or which can break, fail or malfunction. This includes participant's personal equipment or equipment rented or borrowed from Vertical World.
- 4.) **Risks regarding conduct.** The potential that I, other participants or third parties (e.g. belayer, rescue squad, hospital) may act carelessly or recklessly or generally fail to exercise care.
- 5.) **Such other risks, hazards and dangers associated with rock climbing activities and the use of artificial rock climbing walls.**

These and other risks, hazards and dangers may result in participants (for example): 1) falling partway or falling to the ground, 2) getting entangled in ropes or other equipment, 3) impacting the rock face, anchor points, or other projections, 4) colliding with or impacting objects or people. These and other circumstances may cause fractures, sprains, broken bones, concussions, cuts or abrasions, or other injury or illness, mental or emotional trauma, paralysis, disability or death.

I understand that the above list is not complete and that other unknown or unanticipated risks, hazards and dangers may result in injury, damage, death or other loss. I acknowledge that participating in these activities requires a special degree of skill and

knowledge different from other activities and that I have responsibilities as a participant. I have no mental or physical problems or limitations that might compromise or affect my ability to participate in climbing activities which have not been disclosed to Vertical World. I represent I am fully capable of participating in these activities without causing harm to me or others and I agree to follow all Vertical World rules and regulations. I acknowledge that Vertical World staff is, and have been available, should I have further questions about the nature and physical demands of these activities and the risks, hazards and dangers associated with these activities. I understand that the presence of Vertical World personnel is absolutely no assurance of my safety or the lessening of any of these risks. **Climbing is dangerous! In both supervised and unsupervised activities, I acknowledge that all participants are responsible for their own safety. My participation in these activities is purely voluntary, and I choose to participate in spite of and with knowledge of the risks. Therefore, I (and my parent(s), if I am a minor) assume and accept full responsibility for those risks identified here and for those risks not identified, and for injury, damage, death or other loss suffered by me resulting from those risks, or resulting from my own negligence or other conduct.**

RELEASE AND INDEMNITY AGREEMENT

Please read carefully. This section contains a Release and Indemnity Agreement and surrender of certain legal rights.

Participant, if he/she is an adult, or parent(s), for themselves and on behalf of their participating minor child:

- (1) **agree to release and covenant not to sue Vertical World**, with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs), arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities. **I understand I agree here to waive all claims I may have against Vertical World, and agree that neither I, nor anyone acting on my behalf, will make a claim or file a lawsuit of any kind against Vertical World, as a result of any injury, damage, death or other loss suffered by me or my child;**
- (2) **agree to defend and indemnify** ("indemnify" meaning protect by reimbursement or payment) **Vertical World** with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs):
 - (a) brought by or on behalf of me, my child, or a family member, arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities; or,
 - (b) brought by a co-participant or any other person, arising out of any injury, damage, death or other loss claimed to be caused, in whole or in part, by my/my child's conduct in the course of participating in Vertical World activities or using Vertical World's climbing wall or other equipment and facilities.

This Release and Indemnity Agreement includes any losses claimed to be caused, in whole or in part, by the negligence of Vertical World (but not its gross negligence or reckless misconduct) and includes claims for personal injury, property damage, wrongful death, products liability, breach of contract or otherwise.

CONCLUSION

I agree that this Document, and all other aspects of my relationship with Vertical World are governed by Washington state law. Further, any mediation, suit, or other proceeding arising out of or relating to my enrollment or participation in Vertical World activities, must be filed or entered into only in the State of Washington and Washington state law shall apply. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

I authorize Vertical World staff to obtain or provide medical care for me/my child or to transport me/my child to a medical facility. I authorize medical personnel to render such treatment they deem necessary for me/my child's health. I agree that Vertical World has no responsibility for medical care provided to me/my child and I agree to pay all costs associated with such medical care and transportation.

Any portion of this Document deemed unlawful or unenforceable shall not affect the enforceability of the remaining provisions of this Document and the remaining provisions shall continue in full force and effect.

I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon myself and my family and my heirs, executors, representatives and estate.

			Accepted by:
Participant Signature	Date	Print Name Here	Staff

Parent(s) or Guardian(s) must sign below for any participating minor (those under 18 years of age) and agree that they are subject to all the terms of this Document, as set forth above.

Parent or Guardian Signature	Date	Print name here

Orion Rafting Waiver (1 of 2)

ORION EXPEDITIONS, INC.

RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

- (a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles operated by other persons;
- (b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including, among others, collisions with equipment, other persons, rocks, boulders or trees;
- (c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;
- (d) Failure on my part or on the part of other guests to comply with any Orion instruction;
- (e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;
- (f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;
- (g) Failure of equipment, whether owned by me, or provided by or rented from Orion;
- (h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;
- (i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or
- (j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

Orion Rafting Waiver (2 of 2)

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs: _____

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____ Print name: _____

If under 18, signature
of parent or guardian: _____ Print name: _____

Address: _____

Phone: _____ Date: _____

River: _____ Witness: _____

(Print Name) _____

G3 GAMING PERSONAL WAIVER AND RELEASE

Full Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone No. (____) _____ Email: _____

Company/organization: _____

Sex: Male Female Date of Birth: _____

THE PARTICIPANT AND PARTICIPANT'S PARENT OR GUARDIAN, IF APPLICABLE (herein after collectively as "PARTICIPANTS") COVENANTS AND AGREES WITH THE FOLLOWING RULES, TERMS AND CONDITIONS:

This is a release of release of liability and indemnity. READ BEFORE SIGNING. In consideration of being permitted to participate in any way in the sport and activities of laser tag at G3 Gaming LLC, I acknowledge, appreciate, and agree that 1. The risk of injury from the activity is significant, including the potential of disability and death, and while personal discipline may minimize the risk, the risk of serious injury does exist: 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISK, both known and unknown: and 3. I understand that the activities are physically and mentally intense. I understand the RULES of play and will comply with a rules and regulations.

RELEASE and DISCHARGE

The Participant releases, discharges, waives and forever holds harmless G3 Gaming LLC from all claims of any loss sustained by the Participant whether caused by G3 Gaming LLC negligent act or willful act or omission, breach of contract, breach of statutory duty or otherwise in connection with G3 Gaming LLC event

NDEMNITY

The Participant agrees to defend, indemnify and hold harmless G3 Gaming, and their employees, contractors and agents, from and against any and all claims, demands, costs, losses, damages, liabilities and expenses (including investigation costs, court costs and attorney's fees) arising out of or resulting from any actions of the Participant, including any claims for personal injuries or damages to any property.

WARRANTY AS TO AGE

By personally executing this waiver, the Participant warrants that he/she is at least 18 years of age. Where this waiver is executed by a parent, guardian or other person for and on behalf of the participant, the person so executing warrants that he/she has authority to do so and that such parent, guardian or other person agrees to the release and discharge pursuant to 1.4 and the indemnity contained in clause 1.3 hereof.

BAR TO ACTION

The Participant or authorizing parent or guardian agrees that this waiver may be pleaded as a bar to any action, suit or proceedings taken at any time by the Participant against G3 Gaming LLC arising out of or as a consequence of G3 Gaming or any incidental activities.

BINDING ON SUCCESSORS IN INTEREST

This waiver binds the heirs, administrators, executors, personal representatives, dependants and successors of the participant and ensures for the benefit of G3 Gaming LLC and its successors and assigns.

PHOTO RELEASE

I agree to allow any photo/video taken of me to be used for advertising of G3 Gaming LLC

SIGNATURE

By signing this contract you agree to all terms and conditions set forth in this agreement.

PARTICIPANT'S FULL NAME _____

Date: _____

SIGNATURE OF PARTICIPANT/GUARDIAN Relationship

Emergency Phone # _____



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**RELEASE OF LIABILITY, ASSUMPTION OF RISK AND LICENSE
For the Northwest Paddling Festival**

In consideration of being allowed to participate in the Northwest Paddling Festival and in any Northwest Marine Trade Association (NMTA) paddling related events and activities, I, _____, for myself and any minor child referenced below, acknowledge, and agree that:

LICENSE: By participating in or attending any event or activity in connection with this program, whether on or off the premises, I consent to the use of any photographs, pictures, film or videotape taken of me or any accompanying minor children, or provided by me for publicity, promotion, television, websites or any other use, and expressly waive any right of privacy, compensation, copyright or other ownership right connected to same.

ASSUMPTION OF RISK: The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full legal and personal responsibility for my participation.

I willingly agree to comply with all terms and conditions for participation and with all related instruction. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.

RELEASE: I, for myself and on behalf of my agents, heirs, assigns, personal representatives and next of kin, to the fullest extent permitted by law, **HEREBY RELEASE, INDEMNIFY, HOLD HARMLESS, AND WILL DEFEND Northwest Paddling Festival, Northwest Marine Trade Association (NMTA), Lake Sammamish State Park, State of Washington, King County, REI, Kayak Academy, Mountain to Sound LLC, Alki Kayak Tours**, their directors, officers, officials, agents and/or employees, other participants, sponsors, advertisers, and owners and lessors of premises used to conduct the activity or event (RELEASEES), from any and all claims, causes of action, demands, losses, and liability, including for costs, expenses and attorney's fees, arising out of or related to any **INJURY, DISABILITY OR DEATH** I may suffer, or loss or damage to person or property, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, which occurs as a result of my participation in activities or events of the Northwest Paddling Festival.

This Release and Assumption of Risk applies to and includes all known as well as unknown, unforeseen, unanticipated and unsuspected risks, injury, damages loss and liability and the consequences thereof.

I HAVE READ THIS RELEASE OF LIABILITY, ASSUMPTION OF RISK AND LICENSE AGREEMENT. I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____
Participant's Signature Age Date

Email: _____ Cell Phone: _____

Address, City, State, Zip Code:

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Phone: _____



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Mountains to Sound Greenway
911 Western Avenue, Suite 203
Seattle, WA 98104

Trust Volunteer Line: 206-812-0122
Email: volunteer@mtsgreenway.org
Web: www.mtsgreenway.org

Parent/Guardian Permission

To participate in this environmental restoration project in the Mountains to Sound Greenway your child must have your written permission. Please fill out the form below, sign, and make sure it is brought to the volunteer event. **Minors without signed releases will not be permitted to participate in any activities.**

Waiver

I understand adult supervisors trained in first aid and safe work procedures will accompany my child on all projects and activities. I understand that each project or activity will involve the normal level of risk associated with such projects or activities and I hereby release the Mountains to Sound Greenway Trust and any of their partners, officers, agents, and employees from all claims and liabilities of any nature arising out of my child/ward's participation in any aspect of the volunteer program. In the event my child/ward is photographed or videotaped while participating in a Mountains to Sound Greenway Trust project, the photo or videotape may be used for promotional or educational materials specific to the Mountains to Sound Greenway Trust or any of their partners or sponsoring agencies.

Medical Care Authorization

I will attest that my child/ward named below is in good health on the dates he/she is volunteering. In case of medical emergency, after every reasonable effort has been made to contact me, the family physician, or relatives or friends named below, I hereby give my permission to the physician secured by the adult in charge of the volunteer activities to hospitalize, secure treatment for and to secure injection, anesthesia or surgery for my child/ward. In the event any such treatment is not covered by insurance applicable to the activities, I will pay the expenses incurred in such emergency treatment.

Parents'/Guardians' Responsibility

I will take the responsibility to see that my child/ward is properly prepared for all activities including: having the proper clothing and equipment and being in good health. I will inform the supervising adults of any particular physical, mental, social or other condition of my child/ward of which the supervisor should be aware.

Youth Name: _____

Parent/Guardian Name: _____

Home Phone: (____)_____ Work Phone: (____)_____

Cell Phone: (____)_____

Address: _____

List any allergies or environmental sensitivities: _____

List any special medical problems or conditions: _____

Date of last tetanus immunization/booster: _____

Family Physician: _____ Phone: (____)_____

Local Emergency Contact (if unable to reach you):

Name: _____

Home Phone: (____)_____ Cell Phone: (____)_____

Relationship: _____

I have read, understand and agree to the above statements:

Parent/Guardian Signature: _____ Date: _____



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Spring 2016 Equipment Lists

Make sure you show up to your Spring events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> -Water bottle -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Swim Wear and towel -Flashlight (extra batteries) -Toiletries: soap (Ivory, if possible), tooth-paste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Travel size pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) 	<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Warm layers -Swim wear -Towel -Sunscreen -Medications (if needed) -Camera (optional) -Snacks (optional)

Rafting Trip:

***Bring a swimsuit, change of clothes, and extra pair of warm socks
(NO COTTON CLOTHES WHILE RAFTING)**

If you want to participate in any O₂ event that takes place on the water, you need to have passed a city approved float test. A float test is when you prove to a lifeguard that you can tread water with long pants and a long sleeve shirt on for 10 minutes and put on a lifejacket.

You *do not* need to be a good swimmer to pass the test. As an alternative you can try the Deep Water test!

The two types of float tests are described below:

Standard Float Test	Deep Water Test
<p>-To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minutes, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.</p> <p>-A Standard Float test is good for three years and allows you to do any O₂ aquatic event.</p>	<p>-To pass a Deep Water Test, you must get in the pool with a life jacket on, get your face wet, and float in the deep end of the pool for 10 minutes.</p> <p>-A Deep Water Test is good for 1 specific aquatic event. For example, it would allow you to attend a rafting, kayaking, sailing or canoeing trip/program. After that trip/program is over, your Deep Water certification expires.</p>

Upcoming O₂ Float Tests Include:

O₂ North-end:

Wednesday—May 4th
Wednesday—June 7th

O₂ South-end:

Thursday —May 19
Thursday —June 2
Tuesday —June 9

Pickups: Rainier CC—4:45 PM
Garfield CC—5:15 PM
Back by 7 PM

Pickups: Rainier Beach —6:30 PM, Jefferson—6:45 PM,
Camp Long—7:00 PM
Back by 9:00 p.m.

OR call the pool nearest you to see when you can take the test! Medger Evers Pool (near Garfield HS) has open swim times: Mon and Wed—7-8 p.m. and Fri—6:30-8:00 p.m., Sat—1:00—2:30 p.m., Sun—2-3:30 p.m.
Southwest Community pool (near Chief Sealth HS) has open swim times: Tues and Thurs—7:30-8:30 p.m., Fri—4:30-5:30 p.m., and Sat—1-2 PM, Sun— 4-5 p.m.

You can **ONLY** take a float test at the following Seattle Parks city pools:

Ballard Pool (684-4094) Evans Pool at Green Lake (684-4961) Medger Evers Pool near Garfield CC (684-4766) Madison Pool in Bitter Lake (684-4979) Meadowbrook Pool off Lake City Way(684-4989)	Queen Anne Pool (386-4282) Rainier Beach (386-1944) Southwest Pool in West Seattle (684-7440) Coleman Pool in West Seattle (684-7494) Mounser Pool in Magnolia (684-4708)
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

WHAT TO BRING—If you are taking the test on your own:

- **Photo identification**
- **\$3.00 to get into the pool**
- **Long pants /long sleeved shirt—you will do your float test with your clothes on!**
 - **Try to avoid bringing jeans or sweat pants, these get heavier when wet. Fleece or leggings work great!**
- **Change of clothes**

Please submit your completed and signed Float Test to Emily or Kate prior to attending an O₂ aquatic trip.